



The USAP Participant Guide is reprinted every-other-year. The 2006-2008 version will include this new information.

Passports (page 13)

RPSC employees are **no longer reimbursed** for the expense incurred in obtaining a passport.

Baggage Allowances (page 23)

Domestic and International flights allow up to two pieces weighing no more than 23 kg (50 lbs) per piece. The Deployment Specialists Group wants to ensure people understand that the information on page 23 of the *Participant Guide* is correct.

On the way to New Zealand the hand carry allowance is one bag @ 40 lbs and one personal item (handbag, laptop, briefcase). On your return from New Zealand to the U.S. the hand carry allowance is much less: one bag @ 15 lbs and one personal item (handbag, laptop, briefcase).

Science Cargo (page 38)

Grantees must consult the Cargo Packaging and Shipping Information located on the Internet for the most current instructions.
<http://www.polar.org/usapserv/index.htm>

Chile Arrival and departure taxes (page 48)

RPSC employees who go through the Denver office for Orientation prior to departure to Chile will receive \$100 at that time to cover the **Entrance/Tourist tax**. Remember to bring a water bottle.



The southern elephant seal is the largest seal in the world. This photo was taken near Palmer Station by Rebecca Shoop, RPSC, January 2005.

Wintering

There are no flights in the winter, so no fresh fruits or vegetables will be available for approximately 6 months. Guidelines for packing are given in chapter 3 of the *U.S. Antarctic Program Participant Guide* (www.usap.gov). You will want to dress in several thin layers to stay warm and you will want to carry a water bottle with you. Personnel who plan to winter need to consult their hiring point of contact in Denver to get specific packing ideas related to your job description.

Some suggested items to pack for the winter:

- Vitamins
- Small plastic food containers
- Favorite CDs/DVDs
- Shower sandals
- Travel type coffee mug
- Rechargeable phone card
- Heating pad
- Headlamp

Bring Music

An iPod/walkman music device is recommended for your room, exercising, etc. Stereos in McMurdo exercise areas have been removed.

Time Zones

Different countries have different time periods for observing Daylight Savings Time, so time differences between your home in the U.S. and at the station you are living will vary throughout the year.

South Pole and McMurdo Stations operate on the same time as Christchurch and Wellington, New Zealand, which is one day later than the United States. If it is Tuesday afternoon in the US, it will be Wednesday morning there.

Palmer Station operates on the same time zone as Punta Arenas, Chile, which is usually the same time as New York City, or one or two hours later, depending on the time of year.

There are several websites that provide easy time zone guidelines. One example is: <http://www.timeanddate.com/>

Need another Participant Guide?

Additional copies of *The U.S. Participant Guide 2004 - 2006* are available by written request to: NSF Publications, National Science Foundation
4201 Wilson Blvd., Suite P-60, Arlington, VA 22230



The new elevated station being built at Amundsen-Scott South Pole was fully enclosed in January 2005. Work continues on the interior. Photo by Bill Henriksen, RPSC, 2005.